

The
Fulton
County **OFFICE
FOR AGING**

*Vital information
for vital generations.*

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NEWSLETTER

Issue: 215

April May June 2022



UPCOMING MEETINGS

Caregiver Support Group:

April May June
To be announced

Senior Council Meeting:

April 28, 2022
9:30 am
July 7, 2022
9:30am

OFA Advisory Council

April 4, 2022
9:30am
July 11, 2022
9:30am

Long Term Care Council

May 14, 2022, July 21, 2022
8:30am

Long Term Services & Supports

When you have questions about Long Term Services & Support – such as, OFA home care, Medicaid services, information about nursing homes, adult homes, medical day care, social adult day care, need assistance with paperwork, need legal help, planning for the future for all ages - please call the Fulton Co. Office for Aging/NYConnects at 518-736-5650.



The Fulton Co. Office for Aging is **so very thankful** for all the **fab-ulous VOLUNTEERS** who help deliver our programs and services! Our sincere appreciation goes out to: people who deliver meals to individuals' homes, those who might help at a meal site, those who sit on the Office for Aging Advisory Council, the Youth Bureau Advisory Board, the Long Term Care Council, those who lead local Senior Clubs/Centers and who lead the Senior Council, and anyone who has volunteered to send us Holiday Cards, Valentine Cards, and Holiday Gifts for the older adults we serve. We cannot do what we do without **YOU! Thank you!!**

National Volunteer Week April 17 -21 is an opportunity to recognize and thank volunteers who lend their time, talent, voice and resources to meet the critical needs of our communities. Their stories serve to inspire others to take action, to realize their power to make a difference, and be a force that transforms the world. National Volunteer Week is a time to celebrate the impact of volunteer service on our communities. The local events, volunteer projects and social media conversations that take place during this week demonstrate that every individual has the power to make a difference, creating healthy communities in vibrant, participatory societies.

National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. It is an opportunity to honor the impact of all those who do good in our communities, and inspire others to make a difference and improve the world.

Did you know there are so many places to volunteer in our community? Here are just a few ideas!

- ◆ Mountain Valley Hospice
- ◆ Mohawk Harvest Co-Op
- ◆ Fulton Co. Office for Aging & Youth
- ◆ Senior Centers
- ◆ One Church Street
- ◆ Food Pantries and Farmer's Markets
- ◆ Community Theatre - Colonial Little Theatre, The Glove, SVAN
- ◆ Sacandaga Task Force for Senior Living
- ◆ NLH or St. Mary's Hospital, Wells House, NLH NH, Willing Helper's Home, Pineview Commons
- ◆ Recreation Commissions
- ◆and so much more!

APRIL 2022 MENU

Apr 4 Beef Patty Seasoned Noodles Country Blend Vegetables Fruit Cocktail	Apr 5 Ham with Scaloped Potatoes Peas Ice Cream	Apr 6 Chicken and Biscuits Mashed Potatoes Brussels Sprouts Mandarin Oranges	Apr 7 Beef Stew w/ Potatoes Carrots Cookie	Apr 8 Fish with Dill Sauce Rice Spinach Ambrosia
Apr 11 BBQ Chicken Sandwich Warm Three Bean Broccoli Salad Pineapple	Apr 12 Hot Dog with Sauerkraut Baked Beans Hot Dog Roll Brownie	Apr 13 Salisbury Steak Mashed Potatoes California Blend Vegetables Pudding Square	Apr 14 Frittata Hash Browns Muffin Sausage Patty Strawberry Mousse	Apr 15 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Cookie
Apr 18 Spanish Rice Corn Cauliflower Pears	Apr 19 Lemon Chicken Au Gratin Potatoes Red Cabbage Frosted Birthday Cake	Apr 20 Meatloaf Mashed Potatoes Pacific Blend Vegetables Yogurt Whip	Apr 21 Turkey with Gravy Stuffing Spinach Orange	Apr 22 Chicken and Wild Rice Casserole Beets Squash Pudding
Apr 25 Fiesta Chicken Baked Potato Broccoli Peaches	Apr 26 Pasta and Meatballs Waxed Beans Garlic Roll Lemon Cake with Glaze	Apr 27 Turkey Divan with Broccoli Sauce Egg Noodles Brussels Sprouts Cookie	Apr 28 Chili Corn Bread Cauliflower Ice Cream	Apr 29 Roast Pork with Gravy Mashed Sweet Potatoes Jell-O



MAY 2022 MENU

May 2 Swedish Meatballs Egg Noodles Mixed Vegetables Pineapple	May 3 Chicken and Biscuits Mashed Potatoes Red Cabbage Ice Cream	May 4 Pizza Burger on a Bun O'Brien Potatoes Italian Blend Vegetables Brownie	May 5 Macaroni and Cheese Stewed Tomatoes and Zucchini Green Beans Cinnamon Cake	May 6 Roast Beef Rice Pilaf Sonoma Blend Vegetables Cookie
May 9 Fish on a Bun Tartar Sauce Potato Puffs Sonoma Blend Vegetables Peaches	May 10 Cheesy Ham and Rice Casserole Squash Broccoli Strawberry Shortcake	May 11 Sweet and Sour Chicken Seasoned Noodles Japanese Blend Vegetables Whipped Cream Fruit Medley	May 12 Turkey a la King Mashed Potatoes Spinach Pudding	May 13 Loaded Baked Potato Chicken Nuggets Frosted Birthday Cake
May 16 BBQ Pulled Pork on a Bun Baked Beans Mixed Vegetables Fruit Cocktail	May 17 Parmesan Crusted Chicken Au Gratin Potatoes Dill Carrots Cookie	May 18 Tuna Noodle Casserole Beets Brussels Sprouts Lemon Lush	May 19 Egg Salad Cold Plate Carrot Raisin Salad Coleslaw Kaiser Roll Mousse	May 20 Turkey Dinner with Gravy Stuffing Corn Ambrosia
May 23 Hamburger Cabbage Casserole Green Beans Wax Beans Pears	May 24 Beef Stew w/ Potatoes Carrots Ice Cream	May 25 Turkey Cold Plate Macaroni Salad 3-Bean Salad Kaiser Roll Gelatin with Topping	May 26 Chicken Florentine Broccoli Mashed Potatoes Peacheasy Dessert	May 27 Lasagna Italian Blend Vegetables Chef's Choice Dessert
May 30  No Meal Delivery today	May 31 Pork Chops Sweet Potato Casserole Cauliflower Cookie	June 1 Cheeseburger Deluxe on a Bun Potato Puffs Peas Melon	June 2 Ham Salad Cold Plate Cottage Cheese Broccoli Salad Kaiser Roll Pudding	June 3 Chicken Fricassee Au Grain Potatoes Lima Beans Applesauce

JUNE 2022 MENU

June 6 Beef Stroganoff over Egg Noodles California Blend Vegetables Fruit Cocktail	June 7 Macaroni and Cheese Stewed Toma- toes and Zucchi- ni Green Beans Cookie	June 8 Seafood Salad Cold Plate Potato Salad Carrot Raisin Salad Kaiser Roll Cream Pie	June 9 Turkey Tetrazzi- ni over Spa- ghetti Peas Brownie	June 10 Chicken and Biscuits Mashed Pota- toes Mixed Vegeta- bles Berries in a Cloud
June 13 BBQ Pulled Pork Baked Beans Zucchini Rosy Pears	June 14 Beef Tips over Rice Japanese Blend Vegetables Cookie	June 15 Cheddar Baked Fish Au Gratin Pota- toes Broccoli Ice Cream	June 16 Ham and Cheese Cold Plate Marinated Beets Coleslaw Pudding	June 17 Chicken Rig- gies Spinach Gelatin
June 20 Chicken a la Cranberry Rice Pilaf Red Cabbage Mandarin Orang- es	June 21 Meatloaf Baked Potato Cauliflower Frosted Birthday Cake	June 22 Turkey Cold Plate Macaroni Sal- ad Three Bean Sal- ad Kaiser Roll Ambrosia	June 23 Pasta and Meatballs Tossed Salad Garlic Roll Pineapple Tid- bits	June 24 Ham with Plum Sauce Scalloped Po- tatoes Peas and Car- rots Mousse
June 27 Shaved Roast Beef with Peppers and Onions on a Roll German Potato Salad Sonoma Blend Vegetables Peaches	June 28 Omelet Hash Browns Sausage Muffin Fruit Cup	June 29 Stuffed Pepper Casserole Corn Brussels Sprouts Sherbet	June 30 Chicken Salad Cold Plate Cucumber To- mato Salad Pasta Salad Pudding	July 1 Turkey with Gravy Stuffing Squash Whipped Cream Fruit Medley





Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is **Age My Way**.

Every May, the Administration for Community Living (ACL) leads the Aging Network in the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While **Age My Way** will look different for each person, here are common things everyone can consider:

- ♦ **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- ♦ **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- ♦ **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ♦ **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, the Fulton Co. Office for Aging is excited to celebrate OAM with our partners in the aging community – in Adult Care Facilities, at Social Adult Day Care, at Senior Centers, with leaders and members of Senior Clubs, with our Transportation providers, with our in-home caregivers and providers, and with families, friends and clergy.

In Celebration!

Andrea Fettingner, *BA, MEd*

Director

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Fulton Co. Office for Aging

Please send your donation to the

_____ Health Insurance Counseling _____ Where there is the most need
_____ Care Management _____ Transportation _____ Caregiver Services
_____ Home Care _____ Nutrition Services Trust Fund

voluntary contribution to support from the list below:
if you are able. You can designate which program area you wish your
consider making a donation to the Fulton Co. Office for Aging,
Because the needs often outweigh the means, we ask that you



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